

Analysis of pregnant women's behaviour and sexual preferences - surveys

(Analiza zachowań i preferencji seksualnych kobiet ciężarnych- badania ankietowe)

Dominika Polak ^{1,A,D}, Zbigniew Kopański ^{2,F}, Stanisław Dyl ^{1,B,C}, Marek Liniarski ^{1,B}, Roman Kollár ^{3,E}

Abstract – Introduction. The sexual behaviour of pregnant women is often a taboo subject, both among medical personnel and the patients themselves. Relationships with a partner and existing behaviour are also changing. At this particular time, women often show a need for closeness, warmth or understanding. Also preferences, needs and sexual activity, or the form of contact often change.

The aim of the study. The aim of the work was to learn about the behaviour and sexual preferences of pregnant women.

Materials and Methods. The study involved 106 pregnant women, patients of the Gynaecological and Obstetrical Clinic aged 17-47 years. The study used a proprietary questionnaire. The results were developed statistically with the use of IBM SPSS Statistics.

Results and Conclusions. Most pregnant women accept their body and psyche and the changes that occur in it. They are satisfied and derive satisfaction from their own femininity. Most of the respondents do not think it is necessary to give up sexual intercourse during pregnancy, but if there is a need for restraint, it is not an unbearable situation for them. Definitely, the majority of the respondents believe that sexual relations are conducive to building a proper bond and relationship with a partner. With the age of women, the acceptance of the statement that sexual intercourse during pregnancy is conducive to building a valuable relationship and the conviction that one can feel full sexual satisfaction during pregnancy increases. As women grow older, the less willing they were to accept their mental manifestations of femininity during pregnancy and the less willing they were to give up some form of realization of their sexuality during pregnancy.

Key words - sexuality, pregnancy, sexual satisfaction, sexual behaviour, surveys.

Streszczenie – Wstęp. Zachowania seksualne kobiet w ciąży często stanowią temat tabu, zarówno wśród personelu medycznego jak i samych pacjentek. Zmieniają się również relacje z partnerem i dotychczas obowiązujące zachowania. W tym szczególnym czasie kobiety często przejawiają potrzebę bliskości, ciepła czy porozumienia. Często zmieniają się także preferencje, potrzeby i aktywność seksualna, czy też forma kontaktów.

Cel pracy. Celem pracy było poznanie zachowań i preferencji seksualnych kobiet ciężarnych.

Materiał i metody. W badaniu poddano 106 kobiet ciężarnych, pacjentek Poradni Ginekologiczno – Położniczej w wieku 17 - 47 r.ż. W badaniu wykorzystano autorski kwestionariusz ankiety. Wyniki opracowano statystycznie z wykorzystaniem programu IBM SPSS Statistics.

Wyniki wnioski. Większość kobiet w ciąży akceptuje swoje ciało i psychikę oraz zmiany jakie w nim zachodzą. Są zadowolone i czerpią satysfakcję z własnej kobiecości. Większość badanych nie uważa, że w czasie ciąży konieczna jest rezygnacja ze stosunków seksualnych, ale jeśli zachodzi konieczność wstrzemięźliwości, to nie jest to dla nich sytuacją nie do wytrzymania. Zdecydowana większość badanych osób uważa, że kontakty seksualne sprzyjają budowaniu właściwej więzi i relacji z partnerem. Wraz z wiekiem kobiet rośnie akceptacja stwierdzenia, że współżycie seksualne w ciąży sprzyja budowaniu wartościowego związku oraz przekonanie, że w ciąży można odczuwać pełną satysfakcję seksualną. Wraz ze wzrostem wieku kobiety, tym mniej chętnie akceptowały swoje psychiczne przejawy kobiecości w ciąży oraz tym mniej chętnie rezygnowały z jakiegś formy realizacji swojej seksualności podczas ciąży.

Słowa kluczowe – seksualność, ciąża, satysfakcja seksualna, zachowania seksualne, badania ankietowe.

Author Affiliations:

1. Collegium Masoviense – College of Health Sciences, Poland
2. Faculty of Health Sciences, Collegium Medicum, Jagiellonian University, Poland
3. University of Health Sciences and Social Work of St. Elizabeth Bratislava, Slovakia

Authors' contributions to the article:

- A. The idea and the planning of the study
- B. Gathering and listing data
- C. The data analysis and interpretation
- D. Writing the article

E. Critical review of the article

F. Final approval of the article

Correspondence to:

Prof. Zbigniew Kopański MD PhD, Faculty of Health Sciences,
Collegium Medicum, Jagiellonian University, Piotra
Michałowskiego 12 Str., PL- 31-126 Kraków, Poland, e-mail:
zkopanski@o2.pl

Accepted for publication: November 28, 2019.

I. INTRODUCTION

Pregnancy is a dynamic process of change, affecting both the body and the mental state of the woman. Relationships with a partner and the behaviour that has been in place so far are also changing. At this particular time, women often show a need for closeness, warmth or understanding. Also preferences, needs and sexual activity, or the form of contact often change. It often happens that coexistence during pregnancy is still a kind of taboo. [1-4] The aim of the study was to analyze the behavior and sexual preferences of pregnant women.

II. MATERIAL AND METHODS

Material

The study involved 106 pregnant women, patients of the Gynaecological and Obstetrical Clinic in the Podkarpackie Province (the place of the study was not given to a sample of respondents). The study was conducted from 01.02.2019-29.03.2019. The characteristics of the examined group are presented in Table 1.

Methods

In the study, the diagnostic survey method, the survey technique and, as a research tool, the original questionnaire were used. The questionnaire consisted of a label (containing five questions about the socio-demographic characteristics of the respondents: age, education, marital status, place of residence and employment) and twenty-six questions, which are an essential part of the questionnaire concerning various aspects of pregnant women's sexuality (Annex 1). Participation in the survey was random, voluntary and

anonymous.

Table 1. Characteristics of the test group

Sociodemographic factor	Kategoryzacja czynnika	Liczba	%
Age	under 18 years old	2	1,9
	18-23	15	14,2
	24-28	32	30,2
	29-35	38	35,8
	36-41	14	13,2
	over 41 years old	5	4,7
Education	basic	4	3,8
	professional	13	12,3
	average	35	33,0
	higher	53	50,0
Marital status	married	78	73,6
	free association	28	26,4
Place of residence	a city of over 200,000 inhabitants	4	3,8
	a city of 50 to 200 thousand inhabitants	5	4,7
	a city with less than 50,000 inhabitants	40	37,7
Employment	working	67	63,2
	learner	32	30,2
	unemployed	7	6,6

Statistical analysis

IBM SPSS Statistics was used to perform statistical analysis. analysis was performed using a chi-quadrat (χ^2) analysis. Materiality levels $\alpha=0.05$ were assumed.

III. RESULTS

Distribution of answers to individual survey questions

Question 1 : "In your opinion, which spheres of life are affected by sexuality?"

59.4% of the total number of respondents believed that sexuality concerns the emotional sphere, 18.9% biological, 12.3% mental. The distribution of answers is presented in Table 2.

Table 2. Distribution of answers to the question "In your opinion, which spheres of life does sexuality concern?"

Answers	Timetable of responses	
	Number	%
biological	20	18,9
mental	13	12,3
emotional	63	59,4
social	1	,9
moral	7	6,6
spiritual	2	1,9
TOTAL	106	100,0

Question 2: "Which of the following definitions is closest to you?"

59.4 of the women surveyed believed that sexuality is for them a zone of life that can bring joy, fulfillment, is associated with positive emotions, 34% believed that it is something natural that accompanies a person during the day, 6.6% believed that it is a duty to be fulfilled. The distribution of answers is presented in Table 3.

Table 3. Distribution of answers to the question "Which of the following definitions is closest to you?"

Answers	Timetable of responses	
	Number	%
the zone of life, which can bring joy, fulfilment, is associated with positive emotions	63	59,4
something natural that accompanies man during his life	36	34,0
an obligation to be fulfilled	7	6,6
TOTAL	106	100,0

Question 3: "Which of the following statements is closest to your views?"

57.7% of the women surveyed were of the opinion that sex can be a source of happiness for partners, this zone should be formed so that it does not become an end in itself, but serves the welfare of two people living together, then 31.1% believed that sex should be enjoyed, No one should be harmed, but if both parties agree, sex without obligations is not morally bad, sex is an important element in the sense of happiness, 11.3% of women said that sex is neither good nor bad, it just is and should function with this sphere of life. The distribution of answers is shown in Table 4.

Table 4. Distribution of answers to the question: "Which of the following statements are closest to your views?"

Answers	Timetable of responses	
	Number	%
sex should be enjoyed, no one should be harmed, but if both parties agree, sex without obligations is not morally bad, sex is an important element in feeling happy	33	31,1
is neither good nor bad, it just is and should function with this sphere of life	12	11,3
sex can be a source of happiness for partners, this zone of life should be formed so that it does not become an end in itself, but serves the good of two people living together	61	57,5
TOTAL	106	100,0

Question 4: How would you describe your attitude towards sexuality?

84% of the respondents assessed their attitude towards sexuality positively, 11.3% - inertly, 4.7% - negatively. The distribution of answers to this question is presented in Table 5.

Table 5. Distribution of answers to the question "How would you describe your attitude towards sexuality?"

Answers	Timetable of responses	
	Number	%
positive	89	84,0
both	12	11,3
negative	5	4,7
TOTAL	106	100,0

Question 5: Do you think that sexuality has to do with the spiritual sphere of man?

51.9% of the respondents believed that the relationship of sexuality with the spiritual sphere of a person is dependent on the person(s), 23.6% - they see close and inseparable relationships, 15.1% describe the relationship of sexuality with the spiritual sphere of a person as rather close. The distribution of answers is presented in Table 6.

Table 6. Distribution of answers to the question "In your opinion, does sexuality have a connection with the spiritual sphere of man?"

Answers	Timetable of responses	
	Number	%
is tight and inseparable	25	23,6
is rather strict	16	15,1
it depends on the person	55	51,9
this is a loose connection	6	5,7
there is no connection between them	4	3,8
TOTAL	106	100,0

Question 6: Do you think sexuality with the emotional sphere of a person has?

43.4% of the respondents believed that the relationship between sexuality and the emotional sphere of a person is dependent on the person (man), 26.4% of the respondents see these spheres of human life as close and inseparable, 22.6% describe these relationships as rather close. The distribution of answers is presented in Table 7.

Table 7. Distribution of answers to the question "Do you think sexuality with the emotional sphere of a person has?

Answers	Timetable of responses	
	Number	%
is tight and inseparable	28	26,4
is rather strict	24	22,6
it depends on the person	46	43,4
it's a loose connection	7	6,6
there is no connection between them	1	,9
TOTAL	106	100,0

Question 7: What does sexual maturity mean to you?

For 30.2% of respondents, sexual maturity means harmonious interaction of sexuality with other spheres of life, for 26.4% - the ability to feel sexual satisfaction, for 25.5% - taking responsibility for yourself and your sexual partner. The distribution of answers is presented in Table 8.

Table 8. Distribution of answers to the question "What does sexual maturity mean to you?

Answers	Timetable of responses	
	Number	%
the ability to feel sexual satisfaction	28	26,4
ability to produce offspring	10	9,4
knowledge of the regularities governing human sexuality	8	7,5
the harmonious interaction of sexuality with other spheres of life	32	30,2
taking responsibility for yourself and your sexual partner	27	25,5
TOTAL	105	100

Question 8: Do you think that self-reliance in sexual matters is necessary?

Nearly half - 49.1% of the respondents felt that self-determination in sexual matters is necessary, 29.2% that it is rather necessary, 2.8% that it is not. The distribution of answers is presented in Table 9.

Table 9. Distribution of answers to the question "Do you think that same-sexual orientation in matters of sexuality is necessary?

Answers	Timetable of responses	
	Number	%
yes	52	49,1
rather	31	29,2
I have no opinion	18	17,0
unlikely	2	1,9
no	3	2,8
TOTAL	106	100,0

Question 9: Do you accept your body while pregnant?

53.8% of the women surveyed accepted their bodies during pregnancy, 22.6% rather accepted, 8.5% not accepted and 1.9% rather not accepted. The distribution of answers is presented in Table 10.

Table 10 Distribution of answers to the question "Do you accept your body while pregnant?

Answers	Timetable of responses	
	Number	%
yes	57	53,8
rather	24	22,6
hard to say	14	13,2
unlikely	2	1,9
no	9	8,5
TOTAL	106	100,0

Question 10: Can you predict when you are pregnant, under what circumstances you will experience sexual excitement?

34% of the respondents were rather able to predict in what situations, under what circumstances they will experience sexual excitement, 27.4% thought they could, 6.6% did not, and 6.6% of women rather did not. The distribution of answers is presented in Table 11.

Table 11. Distribution of answers to the question "Can you predict when you are pregnant, in what situations and under what circumstances you will experience sexual excitement?"

Answers	Timetable of responses	
	Number	%
yes	29	27,4
rather	36	34,0
hard to say	27	25,5
unlikely	7	6,6
no	7	6,6
TOTAL	106	100,0

Question 11: Are you trying to work on your sexuality while you are pregnant, to control your drive, on forms of sexuality realization so that they are consciously and responsibly undertaken?

43.4% of the women surveyed tried to work on themselves in matters of sexuality while pregnant, to control their drive, on forms of realization of sexuality, so that they were consciously and responsibly undertaken, 32.1% tried, 7.5% rather did not try, 4.7% did not try. The distribution of responses is presented in Table 12.

Table 12. Distribution of answers to the question "Are you trying to work on yourself in matters of sexuality while pregnant, to control your drive, on forms of realization of sexuality, so that they are consciously and responsibly undertaken?"

Answers	Timetable of responses	
	Number	%
yes	34	32,1
rather	46	43,4
hard to say	13	12,3
unlikely	8	7,5
no	5	4,7
TOTAL	106	100,0

Question 12: Does experiencing your own femininity during pregnancy give you satisfaction and satisfaction?

For 50.9% of the respondents, experiencing their own femininity during pregnancy gave you satisfaction and satisfaction, for 29.2% it rather gave, for 3.8% it rather did not and for 2.8% it did not. The distribution of answers is presented in Table 13.

Table 13. Distribution of answers to the question "Does experiencing your own femininity during pregnancy give you satisfaction and satisfaction?"

Answers	Timetable of responses	
	Number	%
yes	54	50,9
rather	31	29,2
hard to say	14	13,2
unlikely	4	3,8
no	3	2,8
TOTAL	106	100,0

Question 13: "Do you think that sexual intercourse during pregnancy is conducive to building a valuable relationship?"

55.7% of the respondents considered that sexual intercourse during pregnancy favours building a valuable relationship, 21.7% that it rather favours, 6.6% that it rather does not and 3.8% that it does not. The distribution of answers is presented in Table 14.

Table 14. Distribution of answers to the question "Do you think that sexual intercourse during pregnancy favours building a valuable relationship?"

Answers	Timetable of responses	
	Number	%
yes	59	55,7
rather	23	21,7
hard to say	13	12,3
unlikely	7	6,6
no	4	3,8
TOTAL	106	100,0

Question 14: "Do you accept your mental manifestations of pregnancy?"

50.9% of the examined women accepted their mental manifestations of pregnancy, 28.3% accepted, 2.8% - did not. The distribution of answers is presented in Table 15.

Table 15. Distribution of answers to the question "Do you accept your mental manifestations of pregnancy?"

Answers	Timetable of responses	
	Number	%
Yes	54	50,9
rather	30	28,3
hard to say	17	16,0
unlikely	2	1,9
no	3	2,8
TOTAL	106	100,0

Question 15: "Can you manage sexual tension during pregnancy?"

57.5% of the respondents were able to manage sexual tension during pregnancy, 27.4% - rather able, 2.8% - rather not able, and 2.8% - rather not able. The distribution of answers is presented in Table 16.

Table 16. Distribution of answers to the question "Can you manage the sexual tension during pregnancy?"

Answers	Timetable of responses	
	Number	%
yes	61	57,5
rather	29	27,4
hard to say	10	9,4
unlikely	3	2,8
no	3	2,8
TOTAL	106	100,0

Question 16: "Does pregnancy make you feel like giving up some form of realization of your sexuality?"

50.9% of women are disposed to give up some form of realization of their sexuality, 41.5% are disposed to, 1.9% are disposed to, and 1.9% are not disposed to. The distribution of answers is presented in Table 17.

Table 17. Distribution of answers to the question "Does pregnancy make you ready to give up some form of realization of your sexuality?"

Answers	Timetable of responses	
	Number	%
yes	54	50,9
rather	44	41,5
hard to say	4	3,8
unlikely	2	1,9
no	2	1,9
TOTAL	106	100,0

Question 17: "Has pregnancy changed your need to relieve sexual tension, sexual intercourse?"

For 32.1% of the respondents, pregnancy changed the need to relieve sexual tension, sexual intercourse, for 22.6% - rather changed, for 16% - not changed and for 12.3% - rather not changed. The distribution of answers is presented in Table 18.

Table 18. Distribution of answers to the question "Has pregnancy changed your need to relieve the sexual tension, sexual intercourse?"

Answers	Timetable of responses	
	Number	%
yes	34	32,1
rather	24	22,6
hard to say	18	17,0
unlikely	13	12,3
no	17	16,0
TOTAL	106	100,0

Question 18: "Do you have your own "philosophy" of dealing with sexual needs during pregnancy?"

22.6% of the women surveyed rather had their own "philosophy" of conduct related to the realization of sexual needs during pregnancy, 18.9% - had it, 22.6% - did not and 12.3% rather did not have it. The distribution of answers is presented in Table 19.

Table 19. Distribution of answers to the question "Do you have your own "philosophy" of conduct connected with realization of sexual needs during pregnancy?"

Answers	Timetable of responses	
	Number	%
yes	20	18,9
rather	24	22,6
hard to say	25	23,6
unlikely	13	12,3
no	24	22,6
TOTAL	106	100,0

Question 19: "Is it for you to postpone your pregnancy for a while?"

For 37.7% of the respondents, the postponement of intercourse due to pregnancy was natural, for 14.2% - unbearable, for 13.2% - difficult and tiring, for 11.3% - slightly frustrating. The distribution of answers is presented in Table 20.

Table 20. Distribution of answers to the question "Is a postponement of intercourse for some time in connection with pregnancy for you?"

Answers	Timetable of responses	
	Number	%
unbearable	15	14,2
tiring and tiring	14	13,2
I don't know, it's hard for me to say	25	23,6
a little frustrating, but bearable	12	11,3
natural, that's what happens sometimes in life, it wouldn't be a big burden for me	40	37,7
TOTAL	106	100,0

Question 20: "Do you think that a pregnancy should bring about control of your own sexuality?"

29.2% of the women surveyed considered that pregnancy should bring control of sexuality, 23.6% considered that it should, 13.2% that it should, and 12.3% that it should not. The distribution of answers is presented in Table 21.

Table 21. Distribution of answers to the question "Do you think that a pregnancy should bring about control over one's sexuality?"

Answers	Timetable of responses	
	Number	%
yes	31	29,2
rather	25	23,6
hard to say	23	21,7
unlikely	14	13,2
no	13	12,3
TOTAL	106	100,0

Question 21: "Do you think you can feel full sexual satisfaction during pregnancy?"

50.9% of the respondents believed that one can feel full sexual satisfaction during pregnancy, 16% - that one can rather, 8.5% - that one cannot and 7.5% - that one cannot rather. The distribution of answers is presented in Table 22.

Table 22. Distribution of answers to the question "Do you think that you can feel full sexual satisfaction during pregnancy?"

Answers	Timetable of responses	
	Number	%
yes	54	50,9
rather	17	16,0
I have no opinion	18	17,0
unlikely	8	7,5
no	9	8,5
TOTAL	106	100,0

Question 22: "When taking up or postponing sexual activity during pregnancy, have you thought about what consequences this will have for you?"

24.5% of respondents taking up or postponing sexual activity during pregnancy were wondering what the consequences would be, 21.7% - rather wondering, 18.9% - not and 18.9% - rather not wondering about the consequences. The distribution of answers is presented in Table 23.

Table 23. Distribution of answers to the question "When undertaking or postponing sexual activity during pregnancy, did you think about what consequences this would have for you?"

Answers	Timetable of responses	
	Number	%
yes	26	24,5
rather	23	21,7
hard to say	17	16,0
unlikely	20	18,9
no	20	18,9
TOTAL	106	100,0

Question 23: "Do you think that values of religion, moral norms should apply to human sex life?"

29.2% of the women surveyed believed that values of religion, moral norms should relate to human sex life, 26.4% considered that they should rather relate, 11.3% - that they should rather not and 7.5% stated that they should not. The distribution of answers is presented in Table 24.

Table 24. Distribution of answers to the question "Do you think that values of religions, moral norms should refer to human sex life?"

Answers	Timetable of responses	
	Number	%
yes	31	29,2
rather	28	26,4
hard to say	27	25,5
unlikely	12	11,3
no	8	7,5
TOTAL	106	100,0

Question 24: "Do you have clear, defined views on what is acceptable and what is not acceptable for you in terms of your sex life?"

33% of the respondents had unambiguous, defined views on what is acceptable and what is not in terms of sexual life, 32.1% - rather had them, 11.3% - did not and 7.5% - did not have them. The distribution of answers is presented in Table 25.

Table 25. Distribution of answers to the question "Do you have unambiguous, defined views on what is acceptable for you and what is not in the scope of sexual life?"

Answers	Timetable of responses	
	Number	%
yes	35	33,0
rather	34	32,1
hard to say	17	16,0
unlikely	8	7,5
no	12	11,3
TOTAL	106	100,0

Question 25: "Do you think that consciously managing sexuality, taking into account hints of reason, ethical norms kills its charm?"

22.6% of the women surveyed believed that consciously managing sexuality, taking into account hints of reason, ethical norms kills its charm, 17.9% that rather not, 16% that not, 11.3% that rather yes. The distribution of answers is presented in Table 26.

Table 26. Distribution of answers to the question "Do you think that consciously managing sexuality, taking into account hints of reason, ethical norms kills its charm?"

Answers	Timetable of responses	
	Number	%
yes	24	22,6
rather	12	11,3
hard to say	34	32,1
unlikely	19	17,9
no	17	16,0
TOTAL	106	100,0

IV. DISCUSSION

Sexual needs are in some way regulated by contact with the environment, which seeks emotional and physical satisfaction. Among mammals, after conception, there is a cessation of interest in intercourse. For humans, however, intimate contacts are still an important aspect of activity, as they also have a dimension beyond procreation. Motherhood is an important factor shaping a woman's psychosexual development. Their influence consists primarily in creating proper relations within the family and strengthening the bond with a partner. Pregnancy for women is a period of enormous physical, hormonal and emotional changes. Also the experiences and memories from the past and the quality of relations with the environment influence its course. There is a growing interest in the psychological needs that women have during pregnancy, childbirth and postpartum [5-9].

As shown by own research, 82% of women believe that sexual intercourse is conducive to building a lasting and satisfying relationship with a partner.

Pregnancy, especially the first one, is a period in the life of future parents in which the change of life roles takes place. The duties resulting from being a partner/wife are supplemented by those resulting from motherhood. A family is formed, which causes changes also in the sexual life of partners [10]. In the own research it was found that over 60% of the respondents believe that sex can be a source of happiness for partners, this zone of life should be formed so that it does not become an end in itself, but serves the good of two people living together. Own research shows that 71% of the respondents believe that full sexual satisfaction can be felt during pregnancy, which also confirms the hypothesis adopted in the study.

Already during pregnancy the scope and number of duties and psychophysical burdens increases. Sexuality of pregnant women undergoes significant modifications. This is directly influenced by: physiological processes associated with the development of pregnancy, a change in the sense of attractiveness, intimate contacts before pregnancy, as well as the level of knowledge and cultural influence. Many women are afraid of sexual activity during pregnancy, fearing for the fetus. [8]

Our own research shows that 92% of the respondents gave up some form of sexual activity during pregnancy, and for 40% of the respondents the necessity of giving up intercourse during pregnancy is natural and does not constitute a heavy burden. The conducted research indicates that for 58% of the respondents, pregnancy is associated with a change in the need to relieve sexual tension.

The relation between the personality of a pregnant woman and her sexual needs during pregnancy was also noticed. Women for whom pregnancy is the fulfillment of a certain life mission are characterized by increased intimate needs, while women with features of infantile hysterics - a clear decline. During pregnancy, problems resulting from unsatisfied intimate women's desires may appear. [4,11]

In our own research it was found that more than 70% of the respondents accept their changing body during pregnancy. Our research has shown that 85% of the respondents feel satisfaction (contentment) with their own femininity during pregnancy.

Issues concerning intimate contacts often boil down to questions about coexistence. Women can obtain satisfaction from their own life at different levels and do not treat intercourse as a determinant of sexual satisfaction. During sexual intercourse an important aspect of sexual satisfaction is also the gratification of bodily contact, which is strengthening the bonds between partners. In the future, this motivates us to make further contacts. [1,3,12,13]

As shown in our own research 80% of the respondents try to work on themselves in matters of sexuality while being pregnant, to control their drive, on forms of realization of sexuality, so that they are consciously and responsibly undertaken.

V. CONCLUSIONS

- Most pregnant women accept their body and psyche and the changes that occur in it. They are satisfied and derive satisfaction from their own femininity.
- Most of the respondents do not think it is necessary to give up sexual intercourse during pregnancy, but if there is a need for restraint, it is not an unbearable situation for them.
- Definitely, the majority of the respondents believe that sexual relations are conducive to building a proper bond and relationship with a partner.
- With the age of women, the acceptance of the statement that sexual intercourse during pregnancy is conducive to building a valuable relationship and the conviction that one can feel full sexual satisfaction during pregnancy increases.
- As women grow older, the less willing they were to accept their mental manifestations of femininity during pregnancy and the less willing they were to give up some form of realization of their sexuality during pregnancy.

VI. REFERENCES

- [1] Levin R.J. The physiology of sexual arousal in the human female: a recreational and procreational synthesis. *Arch Sex Behaviour* 2002; 2: 405-11.
- [2] Libera A. Problemy psychologiczne okresu ciąży. Psychologiczne aspekty ciąży. [W:] *Psychologia w położnictwie i ginekologii*. Makara-Studzińska M, Iwanowicz-Palus G. (red.). Warszawa; Wydawnictwo Lekarskie PZWL 2009: 154-157.
- [3] Polomeno V. Sex and Pregnancy: A Perinatal Educator's Guide. *J Perinat Educ* 2000;1: 15-27.
- [4] Pauleta JR, Pereira NM, Graca LM. Sexuality during pregnancy. *J Sex Med* 2010, 1: 136-142.
- [5] Basson R, Leiblum S, Brotto L, Derogatis L. Revision definitions of women's sexual dysfunction. *J Sex Med* 2004; 3: 40-9.
- [6] Kohnl I, Kaplan SA. Female sexual dysfunction: what is known and what can be done? *Contemp Obst Gyn* 2000;1:25-46.
- [7] Buss DM. *The Evolution of Desire: Strategies of Human Mating*. New York: Basic Books, 2016.
- [8] Malarewicz A, Szymkiewicz J, Rogala J. Seksualność kobiet w ciąży. *Ginekol Położ* 2006;7: 733-737.
- [9] Nowosielski K. Fizjologia reakcji seksualnej kobiet. [W:] *Podstawy seksuologii*. Lew-Starowicz Z. Skrzypulec V. Warszawa; Wydawnictwo Lekarskie PZWL 2010: 101-104.

- [10] Lew-Starowicz Z, Szymańska M, Włodarczyk M. Uwarunkowania seksualności kobiet w czasie ciąży. *Prz seksuol* 2011;7: 3-5.
- [11] Petrik M, Zucker A. (eds). *Sex and Love*. Farmington Hills; James, 2016.
- [12] Makara-Studzińska M, Wdowiak A, Plewik I, Kryś KM. Seksualność kobiet w ciąży. *Seksuol Pol* 2011, 2: 85-90.
- [13] Beisert M. *Psychologia seksualności*. [W:]. *Podstawy seksuologii*. Lew-Starowicz Z., Skrzypulec V. Warszawa; Wydawnictwo Lekarskie PZWL 2010: 83-84.